

## COOKS AND COOKING.

## How the Chinese Prepare Their Curious Dishes.

## DRIED RATS AND BOILED CATS.

Why the Buddhists do not Eat Meat—The Koreans Great Eaters—The Hindus Small Eaters—Briek Tea Soup.

WASHINGTON, D. C., November 11, 1899. (Special correspondence of THE HERALD.)

What are little girls made of? Sugar and spice, and everything nice. That's what little girls are made of.

What are little boys made of? Rascals and roving, and every kind of 'tude. That's what little boys are made of.

This nursery rhyme is especially true of the little boys of China. There are thousands of almond-eyed, yellow-skinned, pig-tailed little ones throughout South China who consider the above menu a feast. I visited rat restaurants, and watched the cooking of.

## DOGS AND CATS IN THE SOUTH.

I priced dried rats at many a butcher shop, and was offered plump, juicy pussies for less than the cost of their raising. I was told that the flesh of dogs would make brave the men who ate it, and I watched not a few people who smacked their lips as they conveyed bits of cat from their bowls to their mouths. These Chinese dog restaurants are largely patronized by the poor people of Canton. They are usually on the ground floor, and they consist of a kitchen at the front, and a dining room in the rear. From stalls on the walls and in the ceiling hang the dressed bodies of dogs, which look not unlike the carcasses of pigs, and which hang tail downwards. Just below these, upon great beds of coal or in even-like stoves, are pots in which dog and cat steams simmer away. The meat is cut up into bits as big as the end of your finger, and it is fried with chestnuts and garlic in oil, or is stewed into a sort of soup. At the restaurant which I visited, I was told that I could have

## A FINE BOWL OF CAT FLESH

for 10 cents, and as a special delicacy, I was offered fried cat's eyes at 2 cents a piece. The cats are skinned before cooking, but the dogs are prepared for the pot in the same way that we make our pork. They are killed, and the bodies are sewed in boiling water to get the hair off. A little hair is always left on the end of the tail to show the color of the dog, for the meat of black dogs is worth twice that of the yellow variety, and black cats are worth more than white ones. In some parts of China you can buy dried and smoked dogs' heads, and some regions make a business of exporting them. The reason for this is that, in winter, and cats are good at any time of the year.

The Chinese are the greatest pork eaters in the world. The pigs are the scavengers of the city, and they root their way into every quarter, and turn up the ground and wallow in the mire on the very edge of the Emperor's palace in Peking. You see pigs for sale in every market, and the sickling pigs are the pious distance at every feast. It is never eaten in the roast, however, but is washed up into bits and stewed, and this is the case with all Chinese meats. Small bits are a necessity.

## WHERE THE CHINESE ARE USED.

and the result is that most of the Chinese are as stout as oxen, and some are cut fine. There is little beef used in China, and good cows are practically unknown. Such milk as is offered for sale is by no means reliable as to cleanliness and character, and an English resident, who was disappointed by his milk man, and asked him the reason why he no longer paid around his milk cart, received the reply: "No cow. Sow she die, and woman she have moved away."

Human milk is sold in many parts of China, and when the Empress Dowager was sick, recently, it required twenty wet nurses to keep her alive.

Where there is no milk there cannot be butter, and you will find little butter in use by the Chinese. In Japan, all the butter used by foreigners has to be imported. The Chinese use oil in the place of butter, and the Indians use a sort of substitute for butter in ghee, which is a sort of clarified butter. The Indians are cattle drinkers, and the sacred cows supply many a family with a great part of their food. In Egypt, butter is often made of buffalo's milk, and the result is a

## A WHITE, CREAMY, TASTELESS, INSIPID MIXTURE.

which bears no comparison to that produced from the Jersey cow. The Egyptian eggs are very small, and their chickens are not half the size of ours. The Chinese are the greatest fowl raisers in the world, and they rank high among the egg-eating nations. They never eat an egg unless it is boiled hard or pickled, and the Chinese preserved eggs are one of the features of their gastronomy. It takes forty days to cure an egg properly. It is not fit to eat before that age, and after that the older the better. Lime, salt and vinegar are mixed together in the pickling, and the egg, when ready for use, is as black as coal.

## RAW FISH IS A COMMON ARTICLE

of diet in both Japan and Korea, and I attended a Japanese dinner at Tokio where slices of white, uncooked trout were brought in covered with ice and served as one of the entrees. It was not bad to taste, and my Japanese friends ate it with great gusto. In Korea, it is not uncommon for the dishman to take a bottle of pepper sauce along with them and to eat a fish as they take it from the hook, sprinkling a bit of red-hot chili over it, and eating it down without cleaning anything off except the scales. The Koreans are by no means particular as to the manner in which their fish and meats are served. The entrails are eaten and eaten as a delicacy, and the entrails are eaten and eaten as a delicacy, and the entrails are eaten and eaten as a delicacy.

## THE GREATEST EATERS IN THE WORLD.

There is no other man in the world, he does not eat. The average man, the country over, eats every thing he can get his teeth on, and he will take a dozen meals a day if he has the chance. I had six teen chair bearers on a trip which I took into the interior, and these bearers stopped at every village and at almost every house to rest and feed. They would carry off one by one into fields of turnips by the wayside, and for the next half-mile would go along eating raw turnips. The bigger a man's stomach is in Korea, the more wealthy he is supposed to be, and you see port-bellied young men every where. A Korean has a short sack which comes down just below the middle of his waist, and his full, bumpy pants are tied up under this. Some of the baby boys have overgrown the size of their jackets, and you see a belt of fat, yellow skin between the ends of the pants and the beginning of the coat. Some of the wealthy ones wear

## FOURTEEN OVER THEIR SHOULDERS

in order to increase the size of their fronts, and they usually make a present to those who have audience with them. The Emperor sent a lot of provisions to the American general a few days after they arrived in Korea to re-organize the army, and there is a lot of good things in the palace. The Korean country produces good meat, and the Koreans are greater meat-eaters than either the Chinese or the Japanese. All nations of the East which have a large number of Buddhists among them are, to a great extent, non-consumers of meat. The Buddhists believe that their ancestors are torturing around inside the feathers and under the fur hair of the animal creation, and they believe it is a sin to take animal life. According to the theory of transmigration of souls a man may be

chewing up the choicest bit of his great grandfather's body when he nuzzles a tenderloin steak, and the tender wing of this year's spring chicken may have trod around under the animation of his grand-mother's soul. To people of delicate sensibilities possessed of that faith which moves mountains such gastronomic reasons would spoil their feast. It is for this reason that the Burmese and Siamese eat so little meat, and it is largely due to this year's spring chicken that the meat consumed in the greater part of India.

## THE MEATS OF INDIA ARE,

however, very fine. Eastern Japan has lately turned to cattle raising, and you can get as good beef at Kobe as you can at Chicago. It is largely consumed by the Chinese in the Mongols, and a great deal of it is shipped to Shanghai and Hong Kong. The best mutton in the world is raised in north China, and there is no truer mutton anywhere than the fat-tailed sheep of Tibet. I saw thousands of these sheep about Peking, and in some cases the tail seemed to be almost as big as the sheep's body. I am told, as heavy as fifty pounds, and this is pure fat. In Mongolia the shepherds sometimes make little sleds and fasten them to the tails in order that the sheep may not be impeded by dragging its own tail, and this tail is considered the most delicate part of the sheep. It is used by the Tartars in making the tea soup which is so common an article of diet among the Mongols. This soup is made of brick tea or tea ground into a dust and pressed into the form of a brick, mixed with sheep's tail water; when the water has boiled a lump of cheese as big as an egg is thrown into the mass and it is served steaming hot in wooden bowls to guests. It does not sound very appetizing but it is greedily devoured in the cold regions where it is made.

## THERE IS FINE GAME

all over China, and you can get wild ducks for five or six cents a piece. Ducks are cheap in Japan, and at Peking I found the finest of venison, pheasants and hares. I think the markets of Peking are as fine as those of any capital in the world, and the richest of the celestials live very well. Some of their more costly dishes are terrapin stew, and bird nest soup costs \$5 a plate. It is made from the nest of the swallow found in the caves in some of the islands of the Pacific Ocean, and the exporting to China of these nests is quite a business. The material of the nest is made of sea weed, crushed by the bird in its crop and drawn out in fibres with which the bird is woven and fastened to the side of a cliff. These nests are seldom larger than three inches in diameter. It is a big job to clean them, and they are cooked with pleasant eggs and spice into a soup. When cooked they look like ingalls, and it takes an artist to prepare them for the table.

## AMONG THE OTHER CURIOUS THINGS

consumed by the Chinese are shark fins and salted ducks. Ducks are salted and dried as we dry beef, and you will find salted ducks everywhere. The Chinese are very fond of pumpkin seed and watermelon seed, and at their big dinners they often have these beside each plate for their guests to eat between courses. Colonel Denby, our minister to China, described a dinner to me at which there were sixty courses, and dozens of one hundred courses are not unknown. In looking over a Chinese menu of fare I saw many appetizing tidbits. Here for instance, is a course of ducks' livers, one of the fried roofs of the mouths of pigs, another of the cooked webbed feet of ducks, a third of fish fins and a fourth of pigeon eggs.

## THE BREAD OF DIFFERENT ASIATIC NATIONS

is worthy of mention. In China, India, Japan and Korea by no means all the people live upon rice. In north China much wheat is used, and northern India is one of the greatest wheat growing districts of the world. The Chinese boil all their bread instead of baking it, or if baked at all, it is browned after boiling. In Egypt the bread of the lowest classes is largely made of sorghum seed, and in north India and north China millet is largely used. Both Chinese and Japanese are fond of sweet cake, and in Japan one of the most popular cakes is almost exactly like our sponge cake. It is said to have been brought over from Holland by the Dutch Christians when they came to Japan centuries ago, and you will find it all over the country. The Turks are very fond of sweet cake, and the sweet cake peddler of Cairo and Constantinople are the noisiest of their kind. It is sold with candy as it is with cake. Some of the best candy I have ever eaten I bought of a pig-tailed merchant in the Chinese city of Peking. He had not candy of all kind, and he told me he imported some of his nuts from Mongolia for his shop. The Smyrna fig paste is noted the world over, and you will find it in every confectioner's store in the country. Turkish nutmeg is one of the favorite dainties of the harem, and it tastes better when you eat it fresh at Constantinople than when it is six months old and is sold in America. At a dinner which I attended in upper Egypt we had a course of candy between each one of the other courses, and we had at least ten desserts during the meal. The Turkish tooth is a very sweet tooth, and with sweetened water, sherbets, candies and cakes he makes his thick blood flow slower and slower.

## At least half the world know not

## THE USE OF THE FORK.

and fully quarters of all the men, women and children in it eat with their fingers. The Egyptian and the Turk pride themselves on their cleanliness in using their fingers rather than forks. The forks, they say, have been in some other man's mouth, and you have to depend on your servants for their cleaning. They wash their hands before sitting down to the table or squatting around the bowl on the floor, and they pick up the morsels of food with thin pieces of bread, rolling it around the food or sipping it in the soup. They use their hands in eating in the evening, and tear rather than cut their roasted fowls. A whole sheep is often served at an Egyptian dinner and the guests go at it with knife and fingers. I once attended a wedding of the daughter of the richest man of upper Egypt, and this sheep formed one of the many curiosities of the meal.

## AS WE ENTERED THE HOUSE

a richly dressed servant brought us cups of water as sweet as the sap of the maple, and flavored with anise seed, and behind him came a boy with a gold embroidered napkin. I took a sip of the water and used the napkin in common with the rest of the guests. I was led into the alembic and given a seat on a divan. Beside me squatted a richly dressed Egyptian in a turban, and with him I took a sip of the water and used the napkin in common with the rest of the guests. Then we had candies and brandy, and after this a vegetable, when the dinner was announced. In addition to the usual roast turkey, roast beef, vegetables and all the extras of a big French dinner. Between each course candies and sweet cakes were served. The foreigner present were given knives and forks, but the natives ate with their fingers. A large part of the \$50,000,000 of the Kora's carrying is over their fingers. The Burmese do not know the use of chopsticks, and the Siamese have the same table utensils as were used by Adam and Eve.

## THE FOUR HUNDRED MILLION CHINESE

live in the neighborhood of a billion chopsticks every morning, noon and night, and the Kora's carrying is over their fingers. The Burmese do not know the use of chopsticks, and the Siamese have the same table utensils as were used by Adam and Eve. The kitchen and dining room furniture of the far east is as simple as the table utensils. The Burmese cooking stove consists of a box of ashes on the top of which is built a fire of charcoal. It is much the same in Japan, save that you find here and there little clay stoves of the rudest description, and so small that only one dish can be cooked at a time upon them.

## THE STOVES OF JAPAN AND CHINA

are much the same, and an American cooking range would be a great curiosity in the interior of China than Barmen's show in a country village. Here fuel is so expensive that the use of it is reduced to a minimum. A few fires are used for heating, and many houses in China use fuel only for cooking, and depend upon their wadded cotton clothes for warmth. Boiling water is an article of merchandise in some

## of the cities, and in Peking I saw great

quantities of coal dust mixed with dirt and offered for sale in the shape of little cakes the size of a biscuit. All over the east manure is, to a large extent, used as fuel, and this is especially so in Egypt and India. FRANK G. CARPENTER.

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"Atmosphere," she chuckled, and the hammock broke down to punish her.—Lawrence American.

## Didn't Need It.

"Do you want any help?" inquired a boy as he entered a newspaper office.

"Humph, I guess not," said the editor. "The newspaper that isn't overstocked with friends who know how to run it isn't of much account nowadays. I don't need any more help."—Merchant Traveler.

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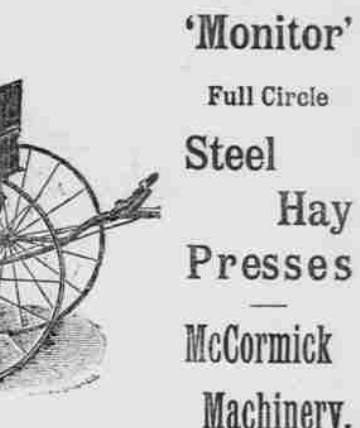
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